

Spinach-Stuffed Mushrooms

Recipe Summary:

Preparation Time: 30 minutes

Number of Servings: 4

Cups of Fruits and Vegetables Per Person: 1

Ingredients:

- ♣ Nonstick cooking spray
- ♣ ½ lb fresh spinach, trimmed
- ♣ 12 medium-size mushrooms (1/2 to ¾ pound)
- ♣ 1 Tbsp unsalted margarine
- ♣ 1 clove garlic, minced
- ♣ ¼ tsp dried oregano, crumbled
- ♣ 1 Tbsp lemon juice
- ♣ 2 Tbsp fine dry bread crumbs

Directions:

Preheat the oven to 400 degrees F. Lightly coat an 8x8x2" baking pan with the cooking spray and set aside. Wash the spinach and place in a medium-size heavy saucepan with just the water that clings to the leaves; cook, covered, over moderate heat for two or three minutes, or until wilted. Drain and cool the spinach; then , with your hands, squeeze out the liquid, finely chop, and set aside.

Remove the mushroom stems and chop fine. In a heavy 7-inch skillet, melt the margarine over moderate heat. Add the garlic and cook for 30 seconds. Stir in the chopped mushrooms and cook for five minutes, or until golden. Mix the spinach and the oregano and cook, stirring, one minute longer. Stir in the lemon juice and remove from the heat.

Fill the mushroom caps with the spinach mixture, sprinkle with the breadcrumbs, and transfer to the baking pan. Bake, uncovered, for 10-15 minutes, or until the breadcrumbs are lightly browned. Serve immediately.

*Recipe from www.5aday.gov